

Mindset Self-Reflection

NAME: _____

Date: _____

1. What is your mindset based on the quiz results?
2. What does it mean to have that mindset?
3. How do you think that mindset affects how you do in school?
4. Did you have any “true” responses on odd-numbered quiz items?
These represent a fixed mindset.
5. What can you do to change your mindset to a completely growth mindset or to maintain a growth mindset?
6. How do you think having a growth mindset can impact your learning?
7. How could your teachers, advisor, parents, or counselor help you have a growth mindset?